

## Prepping for Workshop

This weekend, the editorial staff will be gathering in Las Vegas to be part of Charles Staley's boot camp. The workshop is on the "art" of long term planning for training.

In a way, this issue...as all issues seem to do...focuses on the questions of "why" and "how" do we stay in the game.

We don't measure athletic success by vomit amount or total sweat drops...we measure it by performance. So, as you read this issue, keep in mind that most of our Get Up authors are looking far into the future...and to the next work.

It is "art."

### Our mission? To teach everyone:

1. The Body is One Piece
2. There are three kinds of strength training:
  - Putting weight overhead
  - Picking it off the ground
  - Carrying it for time or distance
3. All training is *complementary*.

## Why I Throw



David Witt  
*As a high school thrower, David ended up third in Kentucky's State Meet under the coaching of Marty Mayer*

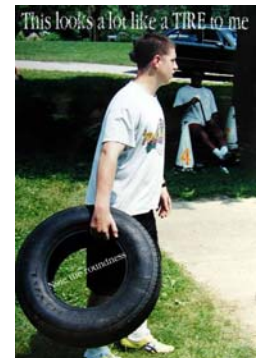
*and Pep Stidham (God rest his soul, he died young in his 40's of heart problems). Going to college that **didn't** have a track program, David has competed as an open and unattached thrower for years in and around the Kentucky area. Married to Pam with two children, David teaches high school math.*

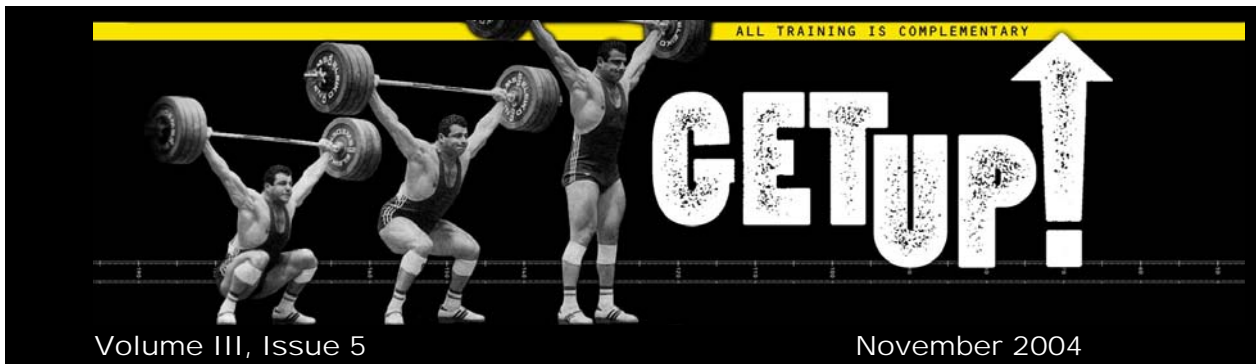
Every once and a while someone will ask me "why do you still throw"? Many of you probably have encountered that question whether you throw or lift. Sometimes you probably didn't know how to reply, I mean doesn't everybody love to throw?

One of the best reasons for throwing beyond high school or college is staying physically active. Throwing taxes the body. If you've been throwing for a long time, you probably don't realize this. Take a few years off and try to come back to throwing. I did it. Not on purpose, no no. Life got in the way and I had to take time off. When I started back in and remembered my workouts from college, I tried to duplicate them. Sixty to 100 throws per session. Riiiiight. I was lucky to last 20 throws. It just wore me out! Throwing is a whole body activity unlike treadmills or stair climbers. I had to get in better shape to do 60 throws. Yes, my back was sore, my groin felt like it was going to snap, my chest was hurting on the right side. But the most surprising thing I noticed was how much my hand hurt. After throwing the discus 10 times that first day my hand felt like a claw.

### Whole body

If you're going to take your throwing to the next level, you're going to have to do more than throw. You're going to





lift weights to get stronger. That's a given. But you're probably going to mix in some sprints or sled pulls also. Great cardiovascular work. Strength, speed, cardio, you get the whole package with throwing.

Case in point. When my first daughter was about 3 months old, we took a trip to the Shenandoah Valley in Virginia. My wife wanted to go down a mountain to look at a waterfall. So I carry my daughter in her pumpkin seat down the mountain, about 25 pounds with seat and baby. Now it was time to climb back up the mountain. Now, there was a trail, so it wasn't hand to hand climbing, but my wife worried about me being able to get back up because all I did was lift weights and she did aerobics. Well, I had to stop about every 50 yards on the way up with my daughter, not because I was tired, but because I had to let my wife catch up. She had a harder time going up the mountain than I did and she wasn't carrying a baby. Thank you throwing for making me fit.



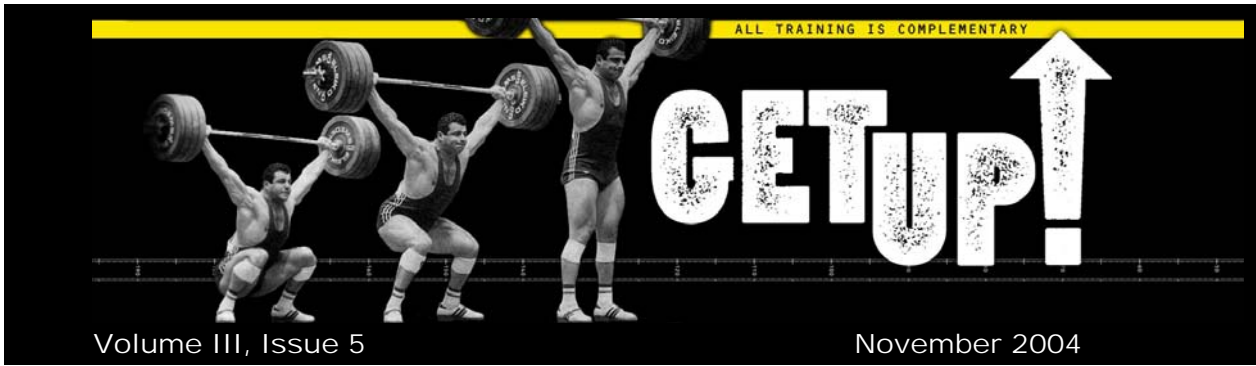
The second reason I throw is for the challenge. The challenge of making myself better. Throwing gives me a measurable goal. Did I throw farther this time? If I did, then something about me must be better. I must be stronger, or faster, or better technically. I like trying to be the best that I can be at something. I also like the mental challenge of trying to figure out how to increase my throws. Finding the weak links and then working on them until they are no longer weak links. Always trying to come up with something that will make me throw farther. This year I am spending much more effort on sprints to increase my explosive component.

So, when asked why I throw, I reply "It keeps me fit and I love the challenge of bettering myself". If they ask again after that, I throw something at them.

#### Werner Gunthor Workout

*Coach Mac posted this on his website this week written by Cor Booyesen "told to Dave Caster." Gunthor was one of the best shotputters in the World for a long, long time and this first "off season week" balances a lot of things very well. Just food for thought...*





## Phase I: Extensive

*Phase Duration: 4 Weeks*



*Increase Load Every Week*

### Monday:

#### Bodybuilding:

- 3x10 reps on all exercises chosen
- 2 types of abdominal exercises
- 1 type of back exercise
- +/- 300 reps in low-impact jumps

### Tuesday:

- Technique Coordination:
- Glide drills with a bar and/or dumbbell on a gymnastic beam

### Wednesday:

- Sprints & Medicine Balls; Power cleans and snatches of low intensity

### Thursday:

- Throws: 60 glides with 6.8kg shot; Massage

### Friday:

- Same as Monday, plus some cardiovascular training

### Saturday:

- Technique Coordination (see Tuesday)



Editor's Note: I had a multi-page review of a new book...but I hated the book so much that I pulled the review. *On to stuff I like...*

## The Law of Threes

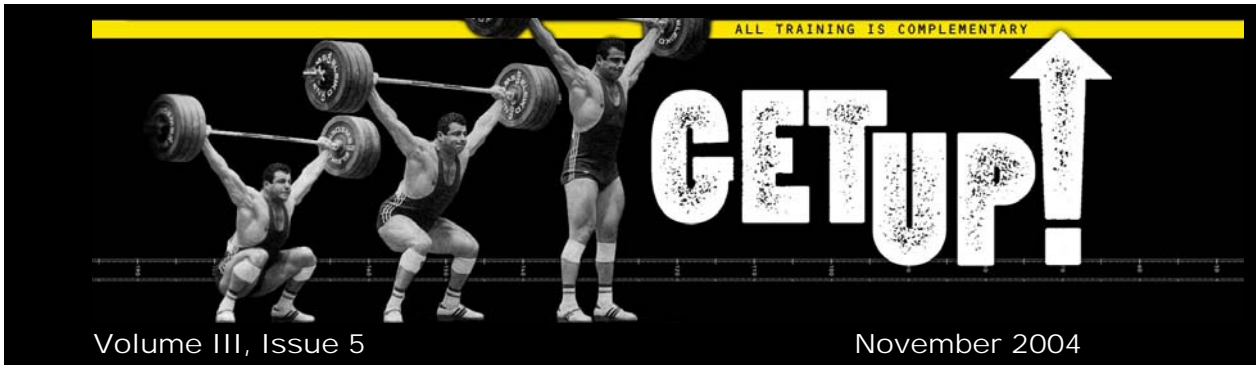
My buddy, Charles Staley, had a "guest appearance" on a forum this week and was asked a question. Basically, the question ran something like this: "What are the exercises that you would recommend for anybody in any time of training goal."

Charles answered with three:

1. The Bulgarian Split Squat...modeled here by Mindy Lincoln



*Stretches and strengthens in one move!*

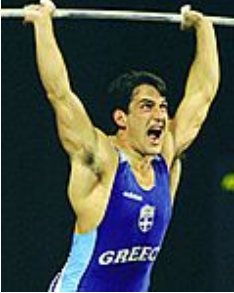


2. The One handed Dumbbell Snatch



*Photo from a recent workout in the snow*

3. Hang Clean/ Push Jerk Combo



*Charles noted that you can't beat this for overall strength.*

I love lists of threes. Sorry, but I do. Whenever I can, I try to get people to sum their thoughts into "threes."

Perfect diet? I think:

1. Meat (fish and eggs, too)
2. Leaves (veggies)
3. Berries

Fat loss supplements?

1. Fish Oil
2. Fiber
3. Coffee

Perfect O Lift Workout?

1. Front Squat
2. Snatch
3. Clean and Jerk

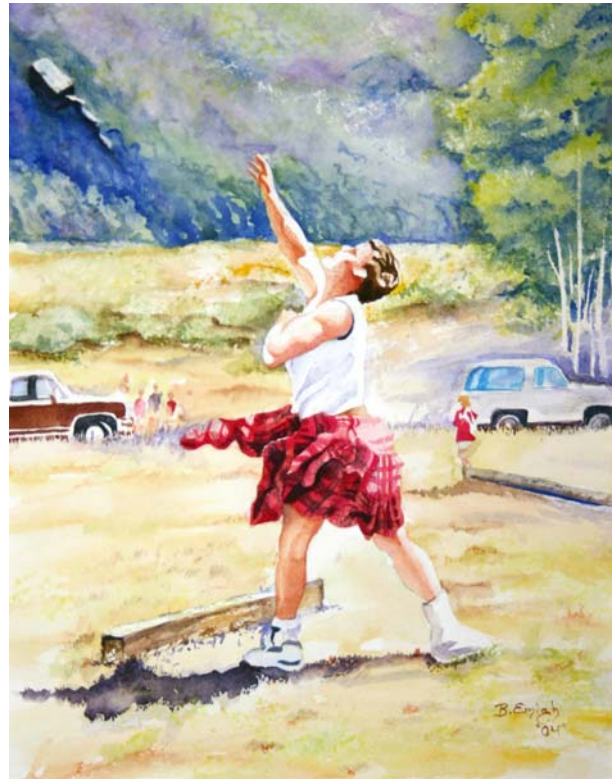
Three Keys to Recovery

1. Sleep
2. Hot Tubs
3. Ice Showers

So, gentle readers...do you have any to add to this list?

Wes Kersey Sent this in...

Wes has a "friend," that is going to start doing watercolors of athletes. We are going to provide contact information in future newsletters, but this is a great gift for an athlete...it is one of a kind and rather unique!



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